

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 1: Source of Food Consumed During Weekday Meals and Snacks (Diary Sample)<sup>1</sup>**

Where did you get the food for breakfast, lunch, dinner and snacks?

Food Source	Percent of Children Receiving Food From Each Source by Meals and Snacks					
	Breakfast	Lunch	Dinner	Morning Snack	Midday Snack	Evening Snack
Home	81	44	85	73	78	92
School cafeteria	16	52	0	16	6	w
Day care provider or facility/friend's house	1	0	0	1	8	1
Fast food restaurant or food court	1	1	8	2	2	2
Served by fast food at school	0	1	0	0	0	w
Miscellaneous <sup>2</sup>	1	2	6	8	7	6

<sup>1</sup> Reports the responses based on the average over two days.

<sup>2</sup> Miscellaneous represents nine collapsed categories including school vending machine, convenience store, other type of restaurant, other, other family member's home, social event/party, concession stand/vending machine at sports event, other at school, and friend/trade with friend.

0% represents one-half of one percent or less.

w No one represented.

Columns may add up to more than 100% due to multiple responses.

# 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 2: Who Most Often Makes Children's Meals and Snacks (Phone Sample)**

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

	Who Makes Children's Meals and Snacks?				
	Mom/Dad/ Adult	Child Alone	Child and Adult	Child with Child	School
<b>Meal Times</b>					
Breakfast	51	33	5	0	11
Lunch	44	7	4	0	45
Dinner	92	1	5	0	1
<b>Snack Times</b>					
After-School Snack	36	54	5	0	5
Evening Snack	54	38	4	0	4

Excludes those reporting "other," "don't eat," and "don't know."

0% represents one-half of one percent or less.

Rows may not add up to 100% due to rounding.

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 3: Proportion of Children Who Reported Eating 1 or More Servings of Fruits and Vegetables by Meal Times and for Snacks (Diary Sample)**

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

Meal Times	Percent of Children Eating 1 or More Servings of...			
	Fruits and Juices	Vegetables and Salads	Fruits and Vegetables	Fruits and Vegetables <sup>1</sup>
Breakfast	26	1	27	26
Lunch	38	20	58	54
Dinner	16	50	64	58
Snacks	16	4	21	20

<sup>1</sup> Excludes fried vegetables, which primarily consisted of fried potatoes.

0% represents one-half of one percent or less.

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 4: Proportion of Children Who Reported Eating Fruits and Vegetables<sup>1</sup>  
at Meal and Snack Times by Who Prepares the Meal or Snack (Phone Sample)**

How many servings of fruits, vegetables, 100% juices, or salads did you eat/drink?

During the school week, who most often makes breakfast/lunch/dinner for you?

During the school week, who most often makes after-school/evening snacks for you?

Meal Times	Children Eating 1 or More Servings of Fruits or Vegetables at Meals, Percent		
	Mom/Dad/Adult Makes Meal	Child Alone or with Child Makes Meal	School Makes Meal
Breakfast	29	12	54
Lunch	55	68	60
Dinner	61	80	N/A

Snack Times	Children Eating 1 or More Servings of Fruits or Vegetables at Snacks, Percent	
	Mom/Dad/Adult Makes Snack	Child Alone or with Child Makes Snack
Morning Snack	N/A	N/A
After-School Snack	11	9
Evening Snack	3	9

<sup>1</sup> Excludes fried vegetables, which primarily consisted of fried potatoes.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

# 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5: Percentage of California Children Reporting Awareness of the *Campaign's* Television Spots (Phone Sample)**

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

	Aware of the <i>Campaign's</i> Television Spots, Percent of Children
<b>Total</b>	<b>21</b>
<b>Gender</b>	
Males	27 **
Females	14
<b>Ethnicity</b>	
White	16 *
African American	29
Latino	28
Asian/Other	13
<b>Income</b>	
≤\$19,999	26
\$20,000 - \$49,999	24
≥\$50,000	17
<b>Federal Poverty Level</b>	
≤ 185%	26
> 185%	18
<b>Food Stamps</b>	
Yes	15
No	22
<b>Overweight Status</b>	
Not at Risk	18 *
At Risk/Overweight	28
<b>Physical Activity</b>	
≥60 minutes	20
<60 minutes	22
<b>School Breakfast</b>	
Yes	16
No	22
<b>School Lunch</b>	
Yes	25 *
No	15
<b>Nutrition Lesson</b>	
Yes	18
No	24
<b>Exercise Lesson</b>	
Yes	18
No	26

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*  $p < .05$

\*\*  $p < .01$

# 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5a: Percentage of California Children Reporting Awareness of the *Campaign* Other Than Television Spots (Phone Sample)**

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the <i>Campaign</i> Other than Television Spots, Percent of Children
<b>Total</b>	<b>14</b>
<b>Gender</b>	
Males	16
Females	13
<b>Ethnicity</b>	
White	11
African American	21
Latino	18
Asian/Other	13
<b>Income</b>	
≤\$19,999	17
\$20,000 - \$49,999	14
≥\$50,000	14
<b>Federal Poverty Level</b>	
≤ 185%	16
> 185%	14
<b>Food Stamps</b>	
Yes	26 *
No	12
<b>Overweight Status</b>	
Not at Risk	14
At Risk/Overweight	14
<b>Physical Activity</b>	
≥60 minutes	14
<60 minutes	15
<b>School Breakfast</b>	
Yes	31 ***
No	12
<b>School Lunch</b>	
Yes	15
No	13
<b>Nutrition Lesson</b>	
Yes	15
No	13
<b>Exercise Lesson</b>	
Yes	15
No	12

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\*\* p<.001

# 2001 California Children's Healthy Eating and Exercise Practices Survey

**Table PP! 5b: Percentage of California Children Reporting Awareness of the *Campaign* (Phone Sample)**

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

	Aware of the <i>Campaign</i> , Percent of Children
<b>Total</b>	<b>30</b>
<b>Gender</b>	
Males	37 **
Females	24
<b>Ethnicity</b>	
White	24 *
African American	29
Latino	40
Asian/Other	25
<b>Income</b>	
≤\$19,999	38
\$20,000 - \$49,999	31
≥\$50,000	29
<b>Federal Poverty Level</b>	
≤ 185%	37 *
> 185%	27
<b>Food Stamps</b>	
Yes	43
No	29
<b>Overweight Status</b>	
Not at Risk	28
At Risk/Overweight	38
<b>Physical Activity</b>	
≥60 minutes	28
<60 minutes	33
<b>School Breakfast</b>	
Yes	43 *
No	28
<b>School Lunch</b>	
Yes	34
No	25
<b>Nutrition Lesson</b>	
Yes	31
No	30
<b>Exercise Lesson</b>	
Yes	31
No	30

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 7: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign's* Television Spots<sup>1</sup> (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables, Percent of Children			
		0 <sup>2</sup>	1-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>8</b>	<b>35</b>	<b>36</b>	<b>21</b>
<b>Aware of the <i>Campaign's</i> Television Spots</b>					
Yes	21	14	30	34	21
No	79	6	37	36	21

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005



**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 7a: Range in Number of Servings of Fruits and Vegetables Consumed by Awareness of the *Campaign*<sup>1</sup> (Phone Sample)**

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables, Percent of Children			
		0 <sup>2</sup>	1-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>8</b>	<b>35</b>	<b>36</b>	<b>21</b>
<b>Aware of the <i>Campaign</i></b>					
Yes	30	11	29	34	26
No	70	7	38	36	19

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 8: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign's* Television Spots<sup>1</sup> (Phone Sample)**

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

		Servings of Fruits and Vegetables Believed Needed <sup>2</sup> , Percent of Children		
		0-2	3-4	5+
<b>Total</b>	<b>Percent</b>	<b>18</b>	<b>41</b>	<b>41</b>
<b>Aware of the <i>Campaign's</i> Television Spots</b>				
Yes	21	13	36	51
No	79	19	42	39

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

California Department of Health Services: September 2005

**2001 California Children's Healthy Eating and Exercise Practices Survey**

**Table PP! 8a: Belief About the Number of Servings of Fruits and Vegetables Needed for Good Health by Awareness of the *Campaign*<sup>1</sup> (Phone Sample)**

How many total servings of fruits, fruit juices, vegetables, ~~and~~ or salads do you think you should eat every day for good health?

Do you recall seeing or hearing any TV commercials that promoted an educational program called *5 a Day-Power Play!*?

Other than TV commercials, have you seen or heard about *5 a Day-Power Play!* anywhere else?

		Servings of Fruits and Vegetables Believed Needed <sup>2</sup> , Percent of Children		
		0-2	3-4	5+
Total	Percent	18	41	41
<b>Aware of the <i>Campaign</i></b>				
Yes	30	11	39	50
No	70	21	42	37

<sup>1</sup> Not aware includes those reporting "no" and "don't know."

<sup>2</sup> Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

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